

WEIGHT MANAGEMENT SERVICES

Patient Testimonial

Carleen Flettre has turned an unimaginable tragedy into an inspiring second chance. Motivated to better herself after her husband's sudden passing, the Roberts, Wisconsin, woman has lost more than 175 pounds after enrolling in the Health Management Resources (HMR) program at Mayo Clinic Health System in Eau Claire.



"Enrolling in a weight management program was always in the back of my mind," Flettre says. "After my husband passed away, that's when I really looked into it and thought, 'Yeah, this is something I can do.'"

Flettre was determined to change her unhealthy ways and be there for the couple's two boys. She quit smoking in October 2013 and started the HMR program in November 2013 — just in time for Thanksgiving.

HMR focuses on healthy lifestyle behaviors and giving people the skills they need to keep weight off long term. Three programs are available based on patients' needs, all promoting rapid, healthy weight loss and incorporating supportive group sessions and individualized phone consults each week.

Flettre was in phase one of the class for 44 weeks and has graduated to phase two, a maintenance phase, now that she's reached her desired weight.

"One of the unique things about Carleen is that she was highly committed to the program, getting healthier and losing weight. She was easy to coach and very motivated," says Shirley Shelley, Weight Management Services, who assisted Flettre with her initial weight loss.

"I think when they're ready to make a commitment to losing weight and to improving their health, looking at an option that provides them with the support and the structure they need can be key to being successful," she says.

Flettre, who exercises daily, feels better physically and emotionally, and says she plans to continue with the HMR maintenance program into the foreseeable future.

"They give you the support and the encouragement that you can do it," she says. "They give you the encouragement to keep going."

Flettre also shared her story via video in hopes it might inspire others. It can be viewed on mayoclinichealthsystem.org. Search for "weight management success."

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CARLEEN

Pounds lost: 175

Lost weight in: **2013 – 2015**

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